

# Solid Foods for Your Baby:

Age:	When your child:	He/She is ready for:	Suggested foods:	Grow A Healthy Baby!
4-7 months 	<ul style="list-style-type: none"> <li>✓ Sits supported or alone</li> <li>✓ Keeps head straight when sitting</li> <li>✓ Opens for spoon</li> <li>✓ Closes lips over spoon</li> <li>✓ Keeps food in mouth and swallows it</li> </ul>	Spoon feeding semi-solid foods Start cup practice <u>(avoid soft nosed sippers that look like bottles)</u> → <b>5-7 breastfeeds</b> <b>27-50 oz formula per day</b>	Iron fortified plain cereals ( <u>rice, barley, and oats</u> ) mixed with breast milk or formula Pureed or smooth fruits, vegetables or meats	<p><b>Feed on a schedule, not whenever your baby seems hungry</b> unless you are breast feeding.</p> <p><b>Offer 2-3 meals a day, and breast or formula in between.</b> Babies under one don't need between-meal snacks.</p> <p><b>Choose foods that are simple or fortified.</b> Puffs are just puffed air. Cheerios are a fraction of the cost and 10 times the nutrition.</p> <p><b>Avoid all sweetened liquids, including juice—</b>Your baby needs no liquid beyond breast milk or formula.</p> <p><b>Make high fat and high salt foods,</b> such as French fries, hot dogs, chicken nuggets, "Graduate" foods, a <b>"sometimes" food not an "always" food.</b></p> <p><b>Include at least three food groups in every meal .</b>            For example: banana slices +plain yogurt +whole wheat toast</p>
7-8 months 	<ul style="list-style-type: none"> <li>✓ Sits alone</li> <li>✓ Moves food to side of mouth</li> <li>✓ Munches: chews up and down</li> <li>✓ Tries to pick up food with palm.</li> </ul>	Spoon feeding of thicker, lumpier foods  → <b>5-7 breastfeeds</b> <b>30-45 oz formula per day</b>	Fork-mashed soft fruits and well-cooked veggies Pureed meats, chicken, turkey or fish Plain yogurt	
8-10 months 	<ul style="list-style-type: none"> <li>✓ Sits alone easily</li> <li>✓ Chews: grinds with jaws</li> <li>✓ Palm changing to pincer grasp (thumb and forefinger)</li> <li>✓ Begins curving lip around cup</li> </ul>	Finger feeding of lumpy foods and pieces of soft foods  Cup drinking  → <b>5-7 breastfeeds</b> <b>24-34 oz formula per day</b>	Chopped well-cooked veggies Diced peeled soft fruit Small pieces of cooked ground meat, chicken, turkey, or fish Bits of toast, dry cereal, crackers Pieces of cheese, cottage cheese Mashed cooked dried beans, lentils, scrambled or boiled eggs	
10-12months 	<ul style="list-style-type: none"> <li>✓ Getting better at picking up small pieces of food and feed himself</li> <li>✓ Getting better at controlling food in mouth</li> <li>✓ Getting better at chewing</li> </ul>	Finger feeding  Cup drinking from a hard top sippy cup  <u>Cuddling and nipple feeding away from mealtime</u>  → <b>4+ breastfeeds</b> <b>24-30 oz formula per day</b>	Cut-up soft cooked veggies Cut-up soft fruits Finely cut-up tender meats Casseroles with noodles cup-up Dry cereal, toast, crackers, sticky rice, pasta Egg, cheese  <b>Note: Start family meals even if it's just two of you.</b>	

**Note: Solid foods are about learning to chew and swallow--**Most of your baby's nutrition still comes from formula or breast milk.

4-7 months	7-8months	8-10months	10-12months
<b>Early morning</b>	<b>Early morning</b>	<b>Early morning</b>	<b>Early morning</b>
<i>Breast or bottle feeding</i>	<i>Breast or bottle feeding</i>	<i>Breast or bottle feeding</i>	<i>Breast or bottle feeding</i>
<b>Breakfast (8:00-10:00)</b>	<b>Breakfast (8:00-10:00)</b>	<b>Breakfast (8:00-10:00)</b>	<b>Breakfast (8:00-10:00)</b>
Infant cereal mixed with formula or breast milk	Infant cereal mixed with formula or breast milk	Dry cereal Diced soft fruit Plain yogurt	Dry cereal Diced fruit Plain yogurt
<b>Lunch (11:00-1:00)</b>	<b>Lunch (11:00-1:00)</b>	<b>Lunch (11:00-1:00)</b>	<b>Lunch (11:00-1:00)</b>
<ul style="list-style-type: none"> <li>Pureed or smooth fruit, veggie, or meat.</li> </ul> Either jarred or blended banana, peas, squash, carrots, peas, peaches, sweet potato, etc.	<ul style="list-style-type: none"> <li>Fork-mashed fruit or veggie</li> <li>Pureed meat, chicken, mashed beans, scrambled eggs, or cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>Chopped cooked veggie or soft peeled fruit</li> <li>Pureed or ground chicken, beef, fish, mashed beans, or scrambled eggs</li> <li>Diced macaroni, bits of toast or tortilla, sticky rice</li> </ul>	<b>Bites of your lunch food</b>  <b><u>A MEAL SHOULD INCLUDE AT LEAST 3 FOOD GROUPS:</u></b> <ul style="list-style-type: none"> <li>Diced fruit or veggie</li> <li>Chopped meat, chicken, fish, or beans, lentils, eggs</li> <li>Bread, rice, pasta or potato</li> </ul>
<i><b>Bottle or breast feeding</b></i>	<i><b>Breast or bottle feeding</b></i>	<i><b>Breast or bottle feeding</b></i>	<i><b>Breast or bottle feeding</b></i>
❖ Start cup practice			
<b>Afternoon (2:00-4:00)</b>	<b>Afternoon (2:00-4:00)</b>	<b>Afternoon (2:00-4:00)</b>	<b>Afternoon (2:00-4:00)</b>
<i>Breast or bottle feeding</i>	<i>Breast or bottle feeding</i>	<i>Breast or bottle feeding</i>	<i>Breast or bottle feeding</i>
		Cheese, chopped fruit, crackers, cold cereal	Cheese, cottage cheese, chopped fruit, crackers
<b>Dinner (5:00-7:00)</b>	<b>Dinner (5:00-7:00)</b>	<b>Dinner (5:00-7:00)</b>	<b>Dinner (5:00-7:00)</b>
<ul style="list-style-type: none"> <li>Infant cereal</li> <li>Pureed or smooth fruit, veggie, or meat.</li> </ul>	Dinner can be same as lunch	Dinner can be same as lunch	<b>Bites of your dinner food</b>  <b><u>INCLUDE AT LEAST 3 FOOD GROUPS:</u></b> <ul style="list-style-type: none"> <li>Meat, chicken, fish, eggs or beans/lentils</li> <li>Pasta, rice, tortilla or bread</li> <li>Diced fruit or veggie</li> </ul>
<i>Breast or bottle feeding</i>	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; width: fit-content; margin: 0 auto;"> <p><b><u>Do not add sugar, corn syrup, or salt to foods.</u></b></p> <p><b><u>No cow's milk, honey, for the first year.</u></b></p> </div>		
<b>Bedtime</b>	<b>Bedtime</b>	<b>Bedtime</b>	<b>Bedtime</b>
<i>Breast or bottle feeding</i>	<i>Breast or bottle feeding</i>	<i>Breast or bottle feeding</i>	<i>Breast or bottle feeding</i>



Add one new food at a time. Wait 5 days before giving your baby new food. Watch for allergic reactions.

Feed your baby from a small dish not from a jar. Feed with a spoon. Use a clean spoon to take more food out of the jar. Your baby's saliva can spoil the food, which may cause diarrhea. Throw away any left-over food or liquids in your baby's bottle or dish. Store left-over jarred food in the refrigerator, use within 2 days.



WIC recommends bottle weaning between 10-14 months. Begin sips of milk from a cup at around 11 months.

Wipe baby's teeth with soft damp cloth after meals.

Only water bottles in the crib.



